

HR Contacts –

Below are the **AUGUST 2017** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



Important News From HealthQuest

OPEN ENROLLMENT FOR 2018

Information about the Open Enrollment for 2018 and the State Employee First Look at Webinar schedule are posted on the State Employee Health Plan website at: <http://www.kdheks.gov/hcf/sehp/PY2018-Info.htm>. This year will be an active enrollment and all employees will need to make their health elections during Open Enrollment in the Membership Administration Portal (MAP). Watch for more details coming soon.



"Before I started this program, I had indigestion every night and ate antacids like candy. That's gone. I also was suffering from knee pain from arthritis caused by an injury when I was young. That pain is completely gone. My bloodwork has shown a tremendous improvement. My LDL cholesterol went from 207 to 87!! My doctor told me last week that whatever I've been doing, 'Don't Stop.'"— Sam Thompson, State of Kansas Participant | Lost 28 lbs.

Learn how to lose weight & improve your health while eating the foods you love. The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. State of Kansas is offering benefits eligible employees and enrolled spouses the chance to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life.

Apply until August 4th @ www.naturallyslim.com/kansashealthquest

The Naturally Slim program starts August 21, 2017. Employees and spouses enrolled in the State of Kansas health plan are eligible to apply. Participants who complete all 10 weeks of the Naturally Slim program will receive 15 HealthQuest credits and Plan C members receive \$150 in their HSA or HRA.



<https://portal.rxsavingsolutions.com/#/register>

Change the Dosage Form and Save

Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by changing the dosage form of their current medication. Some medications are made in more than one dosage form, but in the same strengths, so it is possible to switch between dosage forms without compromising quality of care.

Here is an example of how changing dosage forms can save you money:

In 2016, the average coinsurance for SEHP members for a 30-day supply of the mental health medication venlafaxine extended-release 150mg tablets was **\$27.32**. However, a 30-day supply of venlafaxine extended-release 150mg capsules cost SEHP members an average of **\$1.57**. That is a savings of **\$309 per year!**

Talk to your doctor today, to find out if changing dosage forms is an option for you. It is important for patients to be active participants in managing their health.

GuidanceResources®



Back to School Prep

The end of summer signals the beginning of a new school year and a return to the classroom for kids everywhere. No matter which grade your child is entering, it is important to prepare properly for this annual transition. Here are some tips on how to get a head start:

Check up on your child's health: Take your child to see the doctor and dentist for an exam before the first day of class.

Create a budget: Think about which supplies and other items your child will need, such as a daily hot lunch or fresh milk in the cafeteria, and budget accordingly.

Make a list of supplies: Consider which items you will need to purchase before the first day of school, such as clothing, shoes, backpacks and lunch boxes. When it comes to school supplies, make sure you have a list of what's needed from your school before you shop.

Label belongings: Write your child's name, address and phone number on the inside of his or her coat, backpack or bag and lunchbox. To keep your child safe, never write this information where strangers can see it.

Get a haircut: A new cut will help your child start the school year with a fresh and clean appearance.

Create a routine: Start an earlier, consistent bedtime routine at least a few days before the first day of school.

EAP Quarter 3 Campaign: Mindfulness

Webinar Series:

August 22nd at 11am: Being a Team Player

September 20th at 11am: Neuroplasticity: Mental Fitness for Optimal Brain Power

EAP Monthly Webinar Series – Tuesday August 22nd at 11am

1-888-275-1205 OPTION 1, www.guidanceresources.com (web ID: SOKEAP)

Being a Team Player

In today's work world, we often need to work in groups of people who have many differences, and yet are supposed to seamlessly form an effective team. We've all heard the term "teambuilding," and at one point or another most of us have gone through a teambuilding process, whether we know it or not. But what exactly is teambuilding and how can it be successfully used to help diverse groups work together more effectively? Understanding the main building blocks and development stages of teams can give any group of people the right tools to form a cohesive and productive group.

<https://register.gotowebinar.com/register/7941154942876768515>

If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.

ONLY 5 MONTHS LEFT TO EARN YOUR 2018 HEALTHQUEST PREMIUM INCENTIVE!

Employees and spouses enrolled in medical plans A and C, you have until Sunday, **December 31, 2017** to complete your Health Assessment (worth 10 credits) and earn 40 total HealthQuest Credits and get the **premium incentive** of \$480 for 2018.

Plan C members have until Thursday, **November 9, 2017** to complete activities for **HSA/HRA contributions**. After November 9, 2017 all activities will only count as credits.

December 2017 exams need to be reported to SOK by January 31st for credits in the 2017 program year.

Log on to: <https://kansashealthquest.cernerwellness.com> to complete your Health Assessment and earn your total credits.

Spouse Success Story - *Being a part of Walk Kansas with my husband, AND since he is a state employee, we also are a part of Health Quest and the Naturally Slim programs. Talk about support systems - wow! My husband has lost 30 pounds! He has never been so fit and still working to lose another 25 pounds. He really is walking it off. My goal was to lose 15 pounds and I've lost 12. An ex-co-worker seen a current picture of me on facebook, and wrote, 'wow, Loretta, what happened to the rest of you!'. We smile alot now - doesn't that burn calories too? Thanks Walk Kansas. We plan to return next year for our 4th season in Walk Kansas!*

August is National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases. For more information visit: <https://www.cdc.gov/vaccines/events/niam.html>

INFORMATION FOR ADULT PATIENTS

2017 Recommended Immunizations for Adults: By Age

If you are this age,		talk to your healthcare professional about these vaccines													
	Flu <i>Influenza</i>	Td/Tdap Tetanus, diphtheria, pertussis	Shingles <i>Zoster</i>	Pneumococcal		Meningococcal		MMR Measles, mumps, rubella	HPV <i>Human papillomavirus</i>		Chickenpox <i>Varicella</i>	Hepatitis A	Hepatitis B	Hib <i>Haemophilus influenzae</i> type b	
				PCV13	PPSV23	MenACWY or MPSV4	MenB		for women	for men					
19 - 21 years															
22 - 26 years															
27 - 59 years															
60 - 64 years															
65+ year															

More Information:

You should get flu vaccine every year.

You should get a Td booster every 10 years. You also need 1 dose of Tdap. Women should get a Tdap vaccine during every pregnancy to help protect the baby.

You should get shingles vaccine even if you have had shingles before.

You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition.

You should get this vaccine if you did not get it when you were a child.

You should get HPV vaccine if you are a woman through age 26 years or a man through age 21 years and did not already complete the series.

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You should get HPV vaccine if you are a woman through age 26 years or a man through age 21 years and did not already complete the series.

Recommended For You: This vaccine is recommended for you *unless* your healthcare professional tells you that you do not need it or should not get it.

May Be Recommended For You: This vaccine is recommended for you if you have certain risk factors due to your health condition or other. Talk to your healthcare professional to see if you need this vaccine.

2017 Aug

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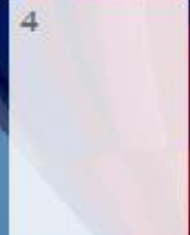
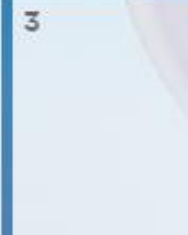
SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.



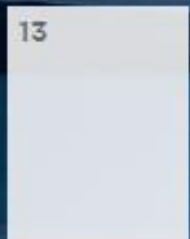
2
Start this month focusing on your health goals. Write your three new health goals to the left.



7
Spend time each week planning your meals in advance.
[Start with this healthy recipe.](#)



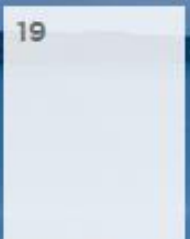
11
How do you fit mindfulness into your day? Set aside 15 minutes to help recenter your mind.



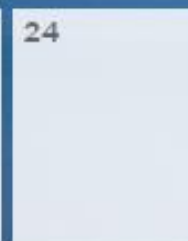
15
Make a list of ways you can add more physical activities each week.
[Learn more here.](#)



17
Remember to apply sunscreen before going outdoors this weekend.



23
Fruits and veggies are an easy snack on warm days.
[Learn more here.](#)



25
Did you meet your health goals this month? Check them above.



28
How will you enjoy the outdoors this week? Visit a new trail or find a new adventure.
[Learn more here.](#)

